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SO MUCH YOU WON'T
NEED WHEELS **PAGE 10**



Misericordia Health Centre Eye Bank technician Brenda Van Norman holds a donated eye at the bank's new space in the hospital's newly built Maryland South building Tuesday. SHANE GIBSON/METRO

Misericordia opens new space

Phase 1 done.
Building now houses
Buhler Eye Care Centre



SHANE
GIBSON
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The Misericordia Health Centre (MHC) cut the ribbon Tuesday on a multimillion-dollar redevelopment project that's been two years in the making.

The new two-storey Maryland South building is now home to the provincial Buhler Eye Care Centre — which includes a new University of Manitoba ophthalmology residency program — and a diagnostics imagery laboratory.

The space also includes a new health-care centre for seniors, called Prime, which will provide medical expertise, recreation and social activities, personal care, rehabilitation and support for seniors and their families once it opens in the spring.

"To say that I'm proud of our new building would be an understatement," said MHC president Rosie Jacuzzi. "Our Misericordia Sisters taught us that patience is indeed a virtue, and I'm here to tell you that the wait was definitely worth it."

Dr. Brock Wright of the Winnipeg Regional Health Authority said moving the



Health Minister Sharon Blady cuts a ribbon to officially open the first phase of Misericordia Health Centre's redevelopment project Tuesday.

SHANE GIBSON/METRO

Did you know?

Ophthalmologists at the Buhler Eye Care Centre perform more than 12,000 eye surgeries every year, and the centre is the largest of its kind in Western Canada.

SOURCE: MISERICORDIA HEALTH CENTRE

hospital's Ambulatory Diagnostic Centre into the new building — and right next to urgent care and ambulatory care — should "significantly improve the turnaround times" for patients.

"Previously, patients would have to travel to the fourth floor of an adjacent building in order to get their lab ... work done," he

explained. "Now, if they're in urgent care, they can just walk across the hall and have those treatments provided."

A second phase of the project will see the health centre's Sherbrook Street building, which was built in 1906, levelled to make way for a new building that will link the Cornish and Wolseley buildings and include a chapel and a dedicated front entrance.

The province picked up \$38 million of the first phase's \$43-million price tag, while the Misericordia Health Centre Foundation raised the remaining cash.

Follow Shane Gibson on
Twitter @tsgibson



Woman arrested

Police find Village drug stashes worth over \$50,000

A 24-year-old woman was arrested Monday after police found stashes of illegal drugs worth tens of thousands of dollars at two homes in the Osborne Village area.

Police executed search warrants at two separate residences in the 100 block of Wilmot Place and found eight pounds of pot along with mushrooms, cocaine, ecstasy, ketamine and oxycodone. The street value of the drugs is more than \$51,000.

Sagen Lee Kehler faces multiple charges regarding possession of drugs and proceeds of crime. **METRO**

New charges

Man arrested on outstanding warrants in River Heights

Police tracked down a man wanted for multiple breaches of court orders at a home in River Heights on Monday.

Lnnon Phonephanah Sikasik, 30, was found living in the 1700 block of Taylor Avenue. He was arrested on five outstanding warrants and charged with two additional counts of failing to comply with condition recognizance.

METRO

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From left: Rena Jae, Dave Wheeler and Phil Aubrey of 92 CITI FM. COURTESY 92 CITI FM

Wheeler rolls over Breakfast Television

Cancelled. City television tries new format to compete in morning slot

COLIN FAST

winnipeg@metronews.ca

City has scrambled Breakfast Television and will be serving up a new morning show featuring radio jock Dave Wheeler starting next Monday.

Wheeler and sidekicks Phil Aubrey and Rena Jae will broadcast from the City studios at the Forks. Their radio show will simultaneously run

Quoted

"The landscape is changing, and if a show isn't moving forward, then it has a problem."

Jordan Schwartz, City television executive

on 92 CITI FM.

"It's a whole new format," explained City television executive Jordan Schwartz. "Just simulcasting a radio show has been done before but never with a live television component."

Schwartz said that when the radio show goes to music the TV show will air live interviews with newsmakers, delivered by City television personalities Drew Kozub

and Jenna Khan.

The show will include newscasts and an on-screen headline ticker, but City television will no longer send camera operators out to shoot news events.

Network officials said 14 full-time staff were laid off as part of the change, including former Breakfast Television hosts Courtney Ketchen and Jeremy John.

"Winnipeg is my home,

born and raised, and it was the greatest privilege to meet so many amazing people and wake you up with a smile," Ketchen said on Twitter.

City once had the local morning television market to itself, but Global and CTV both launched competing shows in the past two years. CBC will also begin simulcasting its local radio show on television starting in the fall.

"The landscape is changing, and if a show isn't moving forward, then it has a problem," said Schwartz. "The new show will have a different tone, but we already have a built-in audience and we're hoping to build on that."

WITH FILES FROM ELISHA DACEY/METRO

Freshii franchise coming home to Winnipeg

A former Winnipegger's fresh idea to create an alternative to unhealthy fast-food joints is finally coming to his hometown.

Winnipeg native Matthew Corrin was 23 when he opened his first Freshii location in Toronto in 2005.

He's since opened more than 150 locations in 10 different countries, and the company confirmed this week that four new locations are set to open in Win-

Quoted

"We're excited; we certainly think it's overdue."

Adam Corrin, Freshii's head of franchise development

nipeg in the spring.

"We're excited; we certainly think it's overdue," said Freshii's head of franchise development Adam Corrin, who is also Matthew's brother, noting Freshii waited to find local

franchisees that share the company's vision before opening in Winnipeg.

"The short answer is we've got the right partners at the right time."

The fast-food restaurant features freshly made

wraps, burritos, salads, soups and fresh juices. Corrin said a bite at Freshii usually sets customers back between \$7 and \$10.

The first Freshii location is expected to open at the airport in April, and Corrin said locations at Portage and Main, Corydon Avenue and on Grant Avenue and Kenaston Boulevard should be open a little later in the spring.

SHANE GIBSON/METRO



Former Winnipegger Matthew Corrin is the founder of Freshii.

CONTRIBUTED

Frozen pipes. No reason to fear repeat fiasco: City

Even though temperatures have dropped, there's no reason to worry yet about a repeat of last winter's frozen-pipes fiasco, according to city officials.

In a statement released Tuesday, the city said reports of frozen water pipes are consistent with a typical winter. So far this season, just four pipes have frozen on private property and none on city property, said the city's water-distribution engineer Tim Shanks.

On average, the ground is frozen to about four feet

below the surface, though frost depths can vary from street to street.

The city will advise property owners directly if they should leave a tap running to prevent a frozen water pipe. Anyone who does so without the city's instruction would face a hefty water bill.

Last winter, more than 2,500 properties had frozen pipes, and thousands of homeowners were told to leave taps running. It took until summer for full water service to resume.

COLIN FAST/FOR METRO



Tim Shanks speaks to media about the city's frozen pipes problem in 2014.
METRO FILE

Toddler in bin. Mom says accused is her brother

The mother of a toddler tossed in a recycling bin in Winnipeg says the accused is her younger brother.

The 20-year-old woman says a fight broke out in her home early New Year's Day.

She says her younger brother and older brother had been drinking heavily, and when a man was chased out of the home, she followed them, fearing for her older brother's safety.

The mother says the last time she saw her 22-month-old daughter, the girl was playing with her 17-year-old

uncle.

The 17-year-old is charged with criminal negligence causing bodily harm, abandoning a child and assault.

The mother said she is thankful the man chased from the home found her daughter in the bin and brought her to safety.

She says she saw her daughter with scratches on her face before the child was taken to hospital.

"She was crying," said the mother, adding the girl has a fractured skull.

CTV WINNIPEG/THE CANADIAN PRESS

Personal care homes

Families asked to delay visiting seniors over flu

Health officials want family members to delay visiting loved ones in Winnipeg seniors' personal care homes, because of flu outbreaks.

The Winnipeg Regional Health Authority says it

is dealing with outbreaks of influenza-like illnesses in 29 of its long-term care facilities.

Officials are not prohibiting relatives from visiting family members but are asking them to postpone their visits. If family members choose to visit, they must receive instructions from staff on how to help prevent the spread of the flu before entering a room.

CTV WINNIPEG/THE CANADIAN PRESS



Sorry, miss, we're not sure you're dressed for the weather

The cast of Cabaret performs at the Royal Manitoba Theatre Centre. Cabaret, often described as one of Broadway's greatest musicals of all time, runs at the John Hirsch Mainstage until Jan. 31. BRUCE MONK/ROYAL MTC

NDP rivals round up supporters

Party leadership race.

Candidates will have to wait to see which labour groups are on their side

Premier Greg Selinger and the two people trying to unseat him were busy finding new supporters Tuesday in advance of a midnight deadline to sign up NDP members for the party's leadership vote on March 8.

"We have been working like crazy," Theresa Oswald, the former jobs and the economy minister who led a caucus revolt against Selinger, said as she dropped off a small stack of new memberships at party headquarters.

"We set ourselves a very ambitious target a couple of weeks ago of about 700 (new) members across the province. I believe we're on target to achieve that."



Theresa Oswald speaks to media at the end of December.
ADRIANA MINGO/FOR METRO

Selinger was not available for comment, but an official with his campaign said every effort was being made to ensure supporters had bought or renewed party memberships.

The third candidate in the race, Steve Ashton, wasn't available either. His spokesman said Ashton was focused

on getting in membership applications.

Membership in the party had climbed to 9,335 by Monday. That was up from roughly 7,000 at the start of December but below the more than 12,000 members during the NDP's last leadership race in 2009.

The three candidates have

Membership

9,335

Membership in the party had climbed to 9,335 by Monday, up from roughly 7,000 at the start of December.

yet to find out which labour groups will support them. Under the NDP constitution, unions and other groups are granted delegates to the leadership convention based on their membership levels.

Alex Forrest, head of the 1,800-member United Fire Fighters of Winnipeg union, said his group would wait until close to the convention to back a candidate.

The union backed Ashton last time, but Forrest said he was eyeing all candidates to see which one "is going to be able to unify the party ... and going to be able to heal the rifts that have occurred."

THE CANADIAN PRESS

Allegations. Dalhousie refuses to name accused

Dalhousie University has rejected a request from the licensing body that governs Ontario's dentists to hand over the names of 13 dental students accused of posting sexually violent comments about women on a private Facebook page.

University spokesman Brian Leadbetter says the university in Halifax has an obligation to protect the privacy of its students.

He also restated the university's position in an email statement on Tuesday that the online comments were deeply offensive, degrading to women and unacceptable.

Irwin Fefergrad, registrar of

the Royal College of Dental Surgeons of Ontario, said Monday the governing body wanted the names to make sure that if any of the students involved apply for licences in the province they would face tough questions from the college.

Fefergrad said that, if the names are withheld, the college would have to ask every Dalhousie graduate seeking a licence if they had been the subject of a complaint or an inquiry at the university.

University president Richard Florizone announced Monday that the school had suspended the clinical privileges of the 13 students. **THE CANADIAN PRESS**

Protests planned

Bill Cosby worried about disruption at Ontario shows

Comedian Bill Cosby promised his Canadian fans "the show of their life" Tuesday as he urged them not to get involved if protesters disrupt

any of the shows he has planned in Ontario this week.

Cosby's international tour rolls on despite growing allegations of sexual assault against the veteran TV star, with scheduled stops in Kitchener on Wednesday night, London on Thursday and Hamilton on Friday. Protests are being organized outside the shows. **THE CANADIAN PRESS**

Bride can keep dowry after split, judge rules

Court battle. Groom's family gave his bride half-ownership of a \$1-million Ottawa home, now source of a dispute

She was a beautiful, young exchange student from Iran. He was a handsome, well-spoken Canadian from a well-heeled Iranian family in Ottawa.

They met in calculus class at Carleton University, fell in love and just over a year later, the two 20-somethings got hitched in a lavish ceremony.

In keeping with Iranian tradition, the groom's family gave the bride a generous gift — half ownership of a \$1-million Ottawa home — a "dowry" that is the source of a bitter dispute between the now-separated couple and their families.

Last week, an Ottawa judge dismissed the husband's



An Ottawa judge's decision on a dowry case leaves the husband's parents without a claim to 50 per cent interest of an Ottawa home. Shakiba Banifatemi and Ahmad Abdollahpour split up in Dec. 2013. CONTRIBUTED

family's claims for an order that the bride, 23-year-old Shakiba Banifatemi, transfer her portion of the property back to her ex's parents.

The judge also dismissed claims for orders that she reimburse them for the cost of the

wedding — around \$50,000, the groom's mother says — and return any wedding gifts.

According to the judge, the Abdollahpours alleged Banifatemi "acted fraudulently by tricking" them into gifting her partial ownership of the home

and having their son sponsor her for permanent residency.

They also alleged Banifatemi's Iran-based father told them all gifts would be returned if Banifatemi "left the marriage or acted inappropriately" toward the groom, 26-year-old Ahmad Reza Abdollahpour.

Justice Robert Smith found that the evidence did not support the allegations.

"The gift was made without any expectation of remuneration but with the expectation that Shakiba would marry Ahmad, which occurred," Smith said in his reasoning.

"Sometimes things don't work out, unfortunately, but you can't go back a year and a half or two years later and allege that there was fraudulent intent," said Banifatemi's lawyer, Kevin Kavanagh.

The family is unsure if they'll appeal the judge's decision, they told Torstar.

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Nigeria. Islamic forces take joint military base

Nigeria's chief of defence staff acknowledged Tuesday that the headquarters of a multinational military force on Nigeria's border with Chad has been seized by Islamic extremists.

Air Chief Marshal Alex Badeh told reporters that only Nigerian troops were at the key base at Baga, on the shores of Lake Chad, when insurgents attacked Saturday because Niger and Chad had withdrawn their fighters from the base.

Thousands of people have been killed and about 1.6 million driven from their homes in the five-year-old Islamic

Security meeting

Nigeria confirmed Islamic extremists seized the base of a joint military force.

- **Only Nigeria remains?**
A senior military officer said troops from Niger, Chad and Cameroon had withdrawn from Nigeria months ago, a rumour Badeh denies.

uprising in Africa's most populous nation and its biggest oil producer. **THE ASSOCIATED PRESS**

New York

Three questioned in police shooting

Three suspects were being questioned Tuesday about the shootings of two New York City plainclothes police officers responding to a grocery store robbery, authorities said.

One of the suspects was

seen on a surveillance video from the crime scene in the Bronx, police said.

Both officers are listed in stable condition.

The shooting occurred around 10:30 p.m. Monday. The officers were coming off their shift when they and three other plainclothes officers responded to the robbery report. **THE ASSOCIATED PRESS**

Jury selection begins in Boston terror trial

Marathon bombing.

More than 400 potential jurors got their first look at the man charged with plotting attack

As prospective jurors got their first look at Dzhokhar Tsarnaev, the young man accused of bombing the renowned Boston Marathon, it became clear that choosing a jury in the closely watched terror case would not be a quick or simple process.

U.S. District Judge George O'Toole Jr. told the first 400 people called for jury duty that choosing a panel of 12 jurors and six alternates for the highly anticipated trial was expected to take at least three weeks.

He told the potential jurors not to think of the trial as "an annoying burden," but as a



In this courtroom sketch, Boston Marathon bombing suspect Dzhokhar Tsarnaev, third from right, is depicted with his lawyers and U.S. District Judge George O'Toole Jr., right, as O'Toole addresses potential jurors at the federal courthouse on Tuesday in Boston. JANE FLAVELL COLLINS/THE ASSOCIATED PRESS

needed service and an "important duty of citizenship."

Tsarnaev is accused of planning and carrying out the twin bombings that killed three people and wounded more than 260 others near the mara-

thon's finish line on April 15, 2013. Prosecutors say Tsarnaev and his brother, now dead, also killed an MIT police officer several days after the bombings.

The prosecution and Tsarnaev's lawyers have begun the

process of trying to find fair and impartial jurors. Jurors must also be willing, if Tsarnaev is convicted, to consider imposing the death penalty in a state that abolished its own death penalty three decades ago. Tsarnaev is being tried under the federal death penalty.

Defence lawyers have asked repeatedly that the trial be moved from Boston, where the bombings had a deep emotional impact. O'Toole has refused so far.

Prosecutors say Tsarnaev and his brother, Tamerlan Tsarnaev — ethnic Chechens who had lived in the United States for about a decade — carried out the bombings in retaliation for U.S. wars in Muslim countries. Tamerlan, 26, died in a gunfight with police days after the bombings.

The defence is expected to argue that Dzhokhar had a difficult childhood and fell under the influence of his older brother. **THE ASSOCIATED PRESS**



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Luxury brand

Coach expanding footwear collection

Coach, the luxury handbag and accessories company, is buying Stuart Weitzman Holdings for about \$530 million US.

The deal is expected to bolster Coach's image

while creating growth opportunities as it struggles to turn around its brand under new CEO Victor Luis. Some analysts worry that the deal could be a distraction to Coach's core business, especially when efforts so far to rework designs haven't seen much traction.

THE ASSOCIATED PRESS

Venezuela

McDonald's serves yuca instead of fries

Venezuela's more than 100 McDonald's franchises have run out of potatoes and are now serving alternatives like deep-fried arepa flatbreads or yuca, a starchy staple of



A McDonald's banner menu in Caracas, Venezuela, features a burger with a side of arepas.

THE ASSOCIATED PRESS

traditional cooking. A contract dispute with dock workers is being blamed.

THE ASSOCIATED PRESS

Vegas gadget show profiles four-times-as-sharp TVs

International CES.

Internet-only television aimed at cord-cutters, curved TV sets, Ultra HD some of the hottest trends at tech show

One of the biggest changes in television this year will be an increase in channels available online, with no separate cable or satellite subscription.

At the International CES gadget show in Las Vegas Monday, Dish Network unveiled an Internet-only subscription offering in the U.S. that includes ESPN. Sony Corp. also has an Internet television service, PlayStation Vue, expected to debut by the end of March.

Now that 4K — also known as Ultra HD — TV sets have dropped in price, with some models available for less than \$1,000, TV makers are looking for ways to make



Toshiyuki Osawa, president of Sharp Electronics Corporation, introduces Sharp 4K Ultra HD televisions Monday at the International CES in Las Vegas. Also known as Ultra HD, 4K offers four times the sharpness of today's high-definition video. JOHN LOCHER/THE ASSOCIATED PRESS

their sets stand out. 4K offers four times the sharpness of today's high-definition video.

Sharp is turning to an engineering trick to make its high-end 4K set look even sharper. While TVs typically show colours by mixing red, green and blue subpixels, Sharp's top-of-the-line model

will add yellow as a fourth subpixel to improve colours.

Sony is also introducing new 4K television models this year, and at a news event, the company promised to create more 4K content to watch on those sets. Sony said four popular shows — The Goldbergs, The Blacklist, Masters

of Sex and The Night Shift — will soon be available in 4K. It also said it's working with partners including Netflix and YouTube to deliver more 4K streaming video.

Samsung is offering a premium line with better brightness and richer colours, not just increased sharpness. It uses a technology called quantum dot — essentially a layer of materials that allows for purer colours and a wider colour range. It will be called SUHD and cost more than regular 4K sets.

Samsung is also pushing curved TVs, including one high-end model with a flat screen that can bend, or curve, when the viewer wants a more immersive experience. LG announced quantum-dot and curved sets, too, including a bendable model. LG is also pushing organic LED screens with richer colours and pure black — the kind typically limited to smaller displays such as phones because of price. THE ASSOCIATED PRESS

Economy. Ontario, B.C. threaten Alberta's reign

Alberta

3.9%

Alberta's economy grew by 3.9 per cent last year, according to the province's website. Alberta has led all of the provinces in GDP growth over the past two decades, with average annual growth of 3.5 per cent per year.

prices could return to \$60 US barrel in the first half of the year, and \$70 US barrel in the second half.

CIBC chief economist Avery Shenfeld said if oil prices begin to recover in the second half of the year, he expects the Bank of Canada to raise its key interest rate by one quarter of a point.

However, if oil remains low and Canada's economy is at risk of growing at a rate below two per cent, Avery doesn't anticipate any interest rate increases from the central bank until 2016. The bank's has held its trend-setting interest rate at one per cent for more than four years.

THE CANADIAN PRESS

Falling oil prices will shift the balance of power among Canada's provinces this year, with Alberta expected to see its growth rate slashed in half, according to Bank of Montreal chief economist Douglas Porter.

Meanwhile, Ontario and British Columbia will battle it out for who will see the fastest growth in 2015, Porter said during a panel discussion hosted by the Economic Club of Canada.

"Unfortunately it's a bit of a race of the turtles as we're looking at maybe 2.5 per cent growth in those two provinces," Porter said Tuesday.

National Bank chief economist Stefane Marion said it will take some time for Ontario's manufacturing sector to be able to capitalize on lower production costs brought on by cheaper oil. That's because much of the excess capacity Ontario once had in its factories was gutted during the financial crisis and subsequent recession and it will take time to rebuild.

Marion predicted oil

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VOICES

ALL THE CONTENT, NONE OF THE GUILT

Metro's Matt LaForge doesn't feel bad about all the unblocking he's done on Netflix, but he wouldn't be able to explain why *nearly* as well without all the contraband he's watched



MATT LAFORGE
readers@metronews.ca

I have a confession that I'm almost excited to make, such is my lack of remorse over it. For more than three years now, I've been living in Canada but regularly watching what we up here call "American Netflix." I'm an inveterate unblocker. And, as Butch Coolidge said to Esmeralda Villalobos in Pulp Fiction, which I fondly remember streaming via American Netflix, I don't feel the least bit bad about it.

There's no way to know exactly how many unblockers this country harbours, but surveys suggest that the number is high. No surprise there: unblocking is tempting (Parks and Recreation, It's Always Sunny in Philadelphia and the ESPN 30 for 30 documentary series versus Mr. D) and it's easy (if you can use Google, you can do it). And, most importantly, until earlier this week unblocking was improbably, spine-tingly consequence-free, like wearing a great-

fitting pair of pants borrowed from a friend who has long since forgotten he ever owned them.

But the party may be ending. Last weekend, a couple of websites reported that Netflix had begun cracking down on unblockers. Then, on Monday, Netflix issued a statement that, in effect said, "We're not OK with unblocking, we never have been OK with unblocking and we have a prerogative deriving from our obligations to the companies we license our content from to make sure that streamers are streaming from where they're supposed to be streaming from."

Well, OK then.

Look, I wasn't born yesterday. I know when it's time to return the pants. So, in light of Netflix's tough talk, I'm hereby cooling it on the unblocking until all this blows over. But do I feel bad about the unblocking I've already done? In the words of Long Duk Dong (Sixteen Candles, another illicit stream I look back on with tender affection), "No way, Jose!"

The main reason I feel this way is that Netflix got its money. Unblocking isn't file-sharing,

which I might as well admit I've also done an inordinate amount of. When you download a movie torrent, the movie's copyright holder gets nothing. But when someone in Canada unblocks American Netflix, the Canadian copyright holders with whom Netflix has licensing agreements still get their pre-negotiated pieces of your \$8 a month. The arrangement is not what any of the parties to the licensing deals had in mind, but, take it from me, it's relatively easy on the conscience.

The other reason is that Netflix sends mixed messages. We're talking about a company that has since Day 1 of my subscription been willing to let me share my login and password with my parents, my girlfriend, her parents, my sister, a few of my more trifling cousins, a couple of guys I at one time owed money to and basically whoever else has troubled themselves over the past three years to so much as ask.

This is not to mention all the friends, relatives and acquaintances with whom the aforementioned are sharing my login and password

— or to mention however many of *their* respective friends, relatives and acquaintances are cutting in on the action, and on and on and on, such that as we speak my sign-in credentials are spreading at the speed of shamelessness to every corner of an infinitely ramifying Brady Bunch-intro-style matrix of moochery.

The company that stood idly by when my dad called my sister one cold December night and said, "Get the hell off Netflix, your mother and I want to watch Wallander," when it could have insisted on making him pay his own \$8 a month is now, all of a sudden, going by the book? You can't be serious. When anything goes cool parents get a call from the truant officer and decide on a dime to become disciplinarians, they face what's called a credibility problem. Same goes here.

Hear this, fellow unblockers: we've had a great run, and in the event that this crackdown proves to be a bluff, we'll have another. Don't let misplaced guilt ruin it. To quote the tragically doomed Cyrus (The Warriors — you never forget your first unblock): "I say, the future is ours."

Ban on tobogganing a slippery slope



PAUL SULLIVAN
Metro in Vancouver

Winter is bad enough, so why are we making it worse?

It's true, cities all over North America are banning tobogganing for the same reason: bureaucratic weasels ban anything: it's dangerous. OK, it's dangerous. Almost 230,000 kids were injured sledding in the U.S. in the decade between 1997 and 2007, according to the Center for Injury Research and Policy. But so is everything else. In that same reckless nation, about 275,000 kids suffer non-fatal bicycle injuries each year. About 82,000 kids are treated for trampolining injuries, and 61,000 kids are hurt skateboarding.

As far as I can tell, there are no statistics on the danger involved in getting up every morning,



but few will argue that it is eventually fatal. Still, this tobogganing menace has to be stopped, and cities from Dubuque, Iowa, to Montville, N.J., have climbed on the ban-wagon. Closer to home, sledding is banned in Hamilton and numerous slopes in the GTA. They'd ban it in Vancouver if there was any snow.

Let's not forget that while they're busy banning winter fun in Iowa, it's OK to drive around with a handgun — so what's the point? The point, of course, is that they're really afraid of lawsuits.

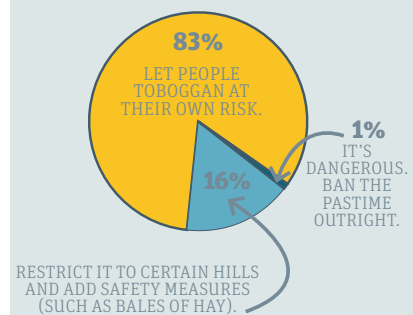
But bans don't even work. Some guy in Hamilton was awarded \$900,000 after he injured his spine in a sledding accident, even though sledding is banned in Hamilton. The court decided that even though he was breaking the law, the city should have warned him about that snow-covered ditch. Really? This ban on tobogganing will take us down a slippery slope that's guaranteed to end in a wipeout.

There's a school in Toronto that has banned all balls except those foam Nerf balls. Try playing basketball with a Nerf ball. And there's a woman in Vaughan, Ont., who is trying to get the school chopped down because the acorns could cause anaphylactic shock in kids with nut allergies.

We're creating people who are good

We asked you:

HOW SHOULD CITIES HANDLE TOBOGGANING?



for only one thing: texting with a helmet on.

Meanwhile, the war on winter fun continues. Next up: the backyard skating rink. The city of Cornwall, Ont., ordered a family to dismantle its lovingly constructed rink because a neighbour complained and it violates various bylaws. The same thing happened recently in Sherbrooke, Que., where a neighbour complained that a local backyard rink was too "noisy."

Um, that's what fun sounds like. Banning sledding is one thing. The backyard rink is another. It's as Canadian as Tim Hortons, more so now that Tim's is owned by Burger King.

Ban the backyard rinks and you strike at the heart of Canadian hockey supremacy. We might as well just give back that junior hockey gold medal to Russia, where winter fun is compulsory.



Metro gets swabbed for OneMatch

Mark Watkin poses with Metro employee Jennifer O'Callaghan after she gets swabbed for OneMatch, the national stem-cell donor registry. At any given time, close to 1,000 Canadians are waiting on a stem-cell match. Watkin, who lost his daughter Sarah to cancer after she was unable to find a matching donor, is encouraging everyone to get swabbed and add their information to the registry. For more information, visit onematch.ca. LUKE SIMCOE/METRO



Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Russell Crowe ALL PHOTOS: GETTY IMAGES

Crowe tells actresses: Act your age and you'll have role to play

Russell Crowe sat down with Australia's Women's Weekly — why, I'm not sure — and used the opportunity to take a certain generation of actresses to task for not acting their age.

"To be honest, I think you'll find that the woman who is saying that (the good roles for women have dried up is) the woman who at 40, 45, 48, still wants to play the ingenue, and can't understand why she's not being cast as the 21-year-old," he says. "If you are willing to live in your own skin, you

can work as an actor. If you are trying to pretend that you're still the young buck when you're my age, it just doesn't work."

Now, before you get out your pitchforks, Crowe has some anecdotal evidence to back up his claims.

"I have heard of an actress, part of her fee negotiation was getting the number of children she was supposed to have lessened," he says. "Can you believe this? This (character) was a woman with four children, and there were reasons why she had to

have four children — mainly, she lived in a cold climate and there was nothing to do but fornicate all day — so quit arguing, just play the role."

Also, Crowe insists that he's given the same tough love to himself, saying, "The point is, you do have to be prepared to accept that there are stages in life. So I can't be the Gladiator forever." But come on, Russ. Some of us actually saw your dreadful Robin Hood. But hey, maybe it's a really, really recent revelation for him.



Blake Lively and Ryan Reynolds

Blake Lively quietly rings in the New Year as a mom

Blake Lively certainly knows how to keep things under wraps. The former Gossip Girl star and husband Ryan Reynolds reportedly welcomed their first child in December, just before the New Year, but managed to keep mum about it until now. The baby, whose gender and name have not yet been announced, arrived prematurely, but both Lively and the newborn are "healthy and doing well" now, sources

tell Page Six. This is the first child for Lively and Reynolds, who were married in 2012.

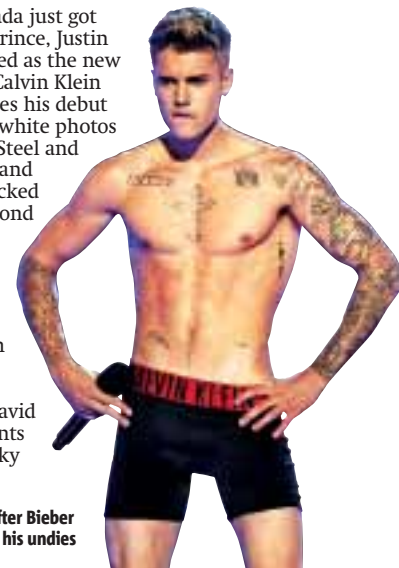
And if previous reports are any indication, we know just how the new parents will be celebrating their arrival: "She's saying she wants to get pregnant really soon after she pops this baby out," a source told E! News back in October. And both Lively and Reynolds have made no secret about the fact that they want a big family. So maybe let's give them some privacy this week?

See, walking around with your skivvies showing does help, mom

The biggest ego in Canada just got bigger. Pop's reigning prince, Justin Bieber, has been unveiled as the new face — and body — of Calvin Klein Underwear. Bieber makes his debut in a series of black-and-white photos featuring his best Blue Steel and a suspiciously rounded and unrealistic bulge. He kicked things off with a six-second video feature showing him playing drums.

We're pretty sure that, at least, is all Bieber.

In the ads, Bieber also cavorts with British model Lara Stone, who is a real trooper — and the wife of comedian David Walliams. Hey, who wants to just think about Marky Mark for a while?



Speculation started shortly after Bieber appeared at Fashion Rocks in his undies

Game of Thrones to take series finale to the Imax

The biggest show on television is about to get a lot bigger. Like, Imax bigger. HBO is supersizing its hit Game of Thrones, bringing the final two episodes of last season to Imax screens later this month along with an exclusive trailer for season five. The engagement runs Jan. 23 to 29, with tickets reportedly going on sale "in the coming days" at Imax's site — and possibly as early as today. So get on that.

The episodes and trailers will occupy 150 Imax screens across North America for the week, offering the first real glimpse of the new season, debuting in April, aside from



Peter Dinklage as Tyrion Lannister in Game of Thrones.

a few vague clips online about three-eyed ravens and the vision "becoming clear."

Katy plots to shake, shake, shake it up with Taylor

This might actually get me interested in the Super Bowl. Katy Perry is reportedly planning to work a reference to her ongoing feud with Taylor Swift into her halftime performance next month, according to Hollywood Life. "She wants to make a statement with her performance and show that



Katy Perry

she is the biggest female act in the world, and she wants to show that to everyone including Taylor, who she has a feud with," a source says. "Katy will be doing something on stage during her performance that will be directed towards Taylor. She is working on it to be a visual or a lyric-related jab."

Oh man, the possibilities! Will Perry make out with and dump Harry Styles on stage? Burn a photo of adorable Kitty Olivia Benson in effigy? Or maybe pretend to be a country artist for the first few songs in her medley, then completely abandon the genre? We'll have to wait and see.

Book of Negroes brings female-led epic to life

Television. Star reflects on authenticity, slavery in new miniseries



HALEY RYAN
Metro in Halifax

Aunjanue Ellis aged decades within hours, experienced years of love and despair within months — and took each day as if it were “a gift.”

Ellis stars as Aminata Diallo in *The Book of Negroes*, a six-part miniseries based on Lawrence Hill's award-winning Canadian novel of the same name. Aminata is forced into slavery as a child and taken from West Africa during the 18th century to work on a plantation in the Deep South before going to Nova Scotia as one of the black Loyalists post-American Revolution, eventually finding her way home.

“When epic stories are told like this, it's usually from the male perspective, a male hero,” Ellis said in a June interview from Mississippi. “Just

the novelty of (this) was exciting to me, and the fact that her story spanned so many decades.”

Ellis said she hadn't heard about the book before reading the script, but loves being involved with novel adaptations because there's so much source material on a character.

Aminata wants to be a storyteller and goes through her life with grace, empathy, and a detachment that allows her to observe the people around her, which Ellis said she found “incredibly aspirational.”

“I was thinking in my own private time, ‘What would Aminata do in this situation?’” Ellis said with a soft laugh. “To me, she was very real.”

She had to have both a sense of growth and regression to play Aminata from her 20s to 50s, sometimes within a day, Ellis said, but she took it one day at a time rather than trying to portray an entire life in a three-month shoot.

“(It) was just me living as much as I could in the experience,” Ellis said. “It was just a

gift for me and for everybody.”

By filming in searing heat in South Africa and freezing temperatures in Canada, Ellis said she's proud the series follows Aminata's footsteps — even though being attacked by mysterious bugs while running through the jungle wasn't exactly comfortable.

But director Clement Virgo wasn't interested in “comfort,” Ellis said, adding the

cast agreed it was important to be as authentic to the realities of slavery, including whippings and rape.

Ellis said when you put comfort ahead of what the character was experiencing, “you sacrifice all of that,” so it was important to have actors who were respectful even though it felt like “jumping off a building.”

“We were there to catch

Miniseries debut

The Book of Negroes debuts tonight at 9 p.m. on CBC.

each other,” Ellis said. “That made the rape scenes and the really hard, brutal, brutal stuff ... less traumatic.”

Ellis said she hopes the

story brings about an international conversation about how Aminata was placed in that situation, and how women and children are still experiencing violence, as with the kidnapping of Nigerian school girls in April.

“We sort of ... dismiss it and go towards issues we think are more fundamental and that's unacceptable,” Ellis said.



Aunjanue Ellis on the set of *Book of Negroes*. JEFF HARPER/METRO IN HALIFAX

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L.A. In A Day Bike Adventure explores a 50-kilometre loop of the city, including Venice Beach. iStock

truly unique view of the city, allowing guests to explore from Beverly Hills to Santa Monica Pier, Venice Beach and beyond.

Voda Spa is WeHo's best-kept secret and the perfect spot for those looking to fight jet lag, nurse that hangover or simply rest and relax. The treatments and saunas here reflect cultures from across the globe and include traditional Russian banya, Swedish cedar dry sauna and a Turkish wet steam bath.

Be sure to sign up for the signature platza treatment, a rigorous massage performed with venik — a leafy, fragrant bundle of oak, birch and eucalyptus, which soaks in warm water and is applied using rhythmic taps and strokes.

At night, head to DBA Holly-

wood, where film fans pack to the brim for an evening filled with song and dance.

The production team at For the Record puts on dazzling interactive musicals based on the work of famous Hollywood directors with past triumphs including Scorsese, John Hughes and Tarantino. The team is currently wrapping up an extended run of Baz Luhrmann, a three-hour extravaganza inspired by the Australian directors cinematic hits Strictly Ballroom, Romeo and Juliet, Moulin Rouge and The Great Gatsby. If you look closely through the dimly lit theatre you're sure to spot Rumer Willis (daughter of Demi Moore and Bruce Willis) who has performed in the last few productions.



The Chamberlain's rooftop pool is the perfect place to relax after a long leg of flying. ANDREW DOBSON/METRO

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Bahamas trek? Don't skip Nassau

Travel time. History, arts, culture and food — take a break from the incredible beaches

VAWN HIMMELSBACH
For Metro

The Bahamas is made up of 700 islands, including cays and islets, amidst the world's third-largest barrier reef and some of the clearest water on the planet, with visibility up to 30 metres.

It's a paradise for sun, sand and surf, but for those who haven't been to Nassau — the capital and historic heart of the Bahamas, located on New Providence Island — there is now more reason to leave the resort and experience some Bahamian culture.

Nassau's ideal location — its main harbour is protected by Paradise Island, which has been developed as a playground for tourists with resorts, nightclubs and a casino — made it at-



One of the oldest cities in the Western Hemisphere, Nassau, has a distinctly colonial charm that is the historic heart of the Bahamas.

tractive to pirates back in the day.

Indeed, the British Colonial Hilton is built on the site of Old Fort Nassau, former residence of legendary pirate Blackbeard. Eventually, in 1718, British colonialists figured out

how to navigate the waters

and kicked the pirates out.

"Nassau is one of the oldest cities in the Western Hemisphere, almost 600 years old," said Ambrose Morris, communications manager with the Bahamas Tourist Office for Canada.

As a result, the city has a colonial charm, with several historic sites that are worth a visit, including Gambier, Adelaide and Fox Hill (three historic villages settled by liberated



Nassau offers year-round cultural events and festivals like Junkanoo — an overnight street parade. THE BAHAMAS MINISTRY OF TOURISM PHOTOS

slaves in the 1800s).

While there is plenty of history here, Nassau is also transforming itself by investing in the revitalization of Bay Street, its downtown core, and offering year-round cultural events and festivals.

The Baha Mar is the Caribbean's largest resort project, slated to open this spring with 4,000 rooms across five branded resorts along Cable Beach — a three-kilometre stretch of powdery white sand bordered

by swaying palm trees. But this project is also taking a sustainable approach: The installation of coral "antlers" along the shoreline promotes the growth of marine life and will eventually be covered by a living reef.

While in the Bahamas, "you've got to have the conch," Morris said.

Fresh conch is served up in fritters, deep-fried (cracked) and in salad (raw, like ceviche). Combine that with a local Kalik beer for a true taste of the Ba-

Get your Junkanoo on

Junkanoo is an overnight street parade, ordinarily held Boxing Day and New Year's Day from 2 a.m. to noon. In May, Nassau will host the Junkanoo Carnival, which is loosely modelled after Mardis Gras. Junkanoo troupes (from 500 to 1,000 members) in extravagant costumes wind their way through the streets of downtown Nassau to the hypnotic rhythms of goat-skin drums, brass horns and cowbells.

amas. For the best conch, Morris recommends heading over to Arawak Cay, named after the original West Indian inhabitants of the islands. Here, visitors can partake in the weekly fish fry, which offers up island cooking and local entertainment (this is where the locals go to eat fresh seafood).

"If you hop in a cab and say 'fish fry,' they know where to take you," Morris said.



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Make the very most of your morning routine

Career. Three simple tips to help you step up your morning game and set yourself up for a happier, more productive day

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Are you the type of person who's always forgetting something after a hasty morning departure to work or school? The new year is a great time to set goals to increase productivity. You don't have to be a morning person to use the wee hours more effectively.

Here's how to do it:

Minimize time-sucking tasks in the a.m.

Morning routines are full of time-consuming activities like choosing an outfit, making breakfast and packing lunch. These take far longer than they should when you're operating under an early-morning haze. Eliminate some stress and save time in the morning by taking care of these chores the night before. Decide what you're going to wear the next day, and lay all of it out ahead of time. This reduces the amount of time you need to spend getting



As tempting as it is to get ahead of email as soon as you wake up, don't reach for your smartphone right after the alarm clock. Leave the chatting for later, and only after everything on your 'must list' is complete. iStock

ready, and you will look and feel more put together than if you left the fashion decisions for the morning.

Make and pack your lunch ahead of time so all you have to do is grab it and go. Select breakfast options that can be prepared the night before, and taken along on your morning commute.

Not only is this a major morning time saver, but you are far more likely to make a healthy choice when you prep

ahead.

Choose a set location for important items like your keys, phone and wallet so they're right where you expect them to be in the morning.

Make your to-do list the night before

Instead of planning your day first thing in the morning, try making your to-do list before bed. When you wake up feeling stressed, it's easy to skip

the list-making altogether and dive into your work so you feel productive right away.

Your to-do list should consist of a "must list" and a "wish list." The "must list" includes time-sensitive tasks that must get done. Your "wish list" is everything else.

Making your to-do list the night before helps you determine what your real priorities are (your "must list"), and mentally prepares you for the day ahead.

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Listen up

Your daily morning routine is a prime time to do a little creative multitasking and learn something new.

- Podcasts and audiobooks are great for keeping your knowledge up-to-date without eating into precious time. It's easy to put one on in the background while you are getting ready in the morning, and they're a good way to spice up a long commute as well.
- Take some time over the weekend to make sure the podcasts are working on your computer, tablet, or phone. Find some shows that align with your career or hobbies to benefit you in your career pursuit.

Are you suffering from professional envy?

Career. Instead of treating your career like a competition, focus on figuring out what matters to you.

RIANA
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For a young professional, social media can sometimes be a challenge.

We're constantly being fed updates and information about what our friends and acquaintances are up to, making it easy for us to feel like what we are doing isn't measuring up.

While a bit of competition can be a good motivator, many students and grads can get caught up in their peers' successes.

If this sounds like you, here are a few ways you can handle your career envy.

Adjust your attitude

Remember that the things we see on social media are care-



Remember, it's as much about the journey to your dream job as it is finally getting it. Life's too short to concentrate on drawing online comparisons.

ISTOCK

fully chosen tidbits of information that reflect a person's best side.

Constantly comparing yourself to others will only frustrate and upset you. Take what you see with a grain of salt, and take a step back to get some perspective. The only person you should compare yourself to is you.

Keep in mind that build-

ing a successful career doesn't happen overnight. It takes time to cultivate skills, learn about your strengths and weaknesses, and work your way up to your dream job.

Even though you may feel pressured to reach certain professional milestones within a set time frame, there's value in trying things out and

making a few mistakes along the way.

Rushing through the early stages of your career may mean you're less likely to end up where you want to be. You could miss out on some amazing opportunities because you didn't take the time to take advantage of them.

It can be fun to see what other people are up to, but if you're feeling overwhelmed by what your peers are doing, take a break from social media and use that time for reflection and career planning.

Take pride in the successes you have had so far.

Take action

If you're looking to get ahead professionally, there are many things you can, and should, do to move your career along.

Set goals for what you want to achieve professionally.

Having a sense of direction will make it easier for you to stay positive, because you'll remember that what matters most is your dedica-

tion to reaching your end goal — not whether your job title or salary are on par with that of your friends.

For example, if you've always wanted to learn a new language or take a business management course, there's no time like the present to make it happen!

Try talking to your boss about taking on extra responsibilities to gain new experience and skills.

Going the extra mile can help you make a positive impression on your employer — and your initiative will look great on your resumé too.

Volunteering is another great way to further your career — any volunteer position can help you to learn and grow, meet new people, and build up your CV.

Want to work your way up your company's corporate ladder?

See if you can meet, and ideally, treat, a high-level executive to a coffee or lunch. Ask them about their career journey: What advice can they can pass on to you to help you achieve your goals?

Get up and go

Your future is brighter than you think

- At the end of the day, what matters is that you feel good about what you've accomplished.
- Keep yourself motivated, but remember that there is no right or wrong path; all you can do is try to make good choices based on the information you have at a given time and work to continuously and actively invest in yourself and your future.
- A little bit of hard work, strategic thinking and careful decision-making can go a long way in helping you to take your career to the next level. It just requires some kind of action; you have to be ready and willing to get out there and do what you need to do.



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Roll up robust flavours for dinner

Squash and Ricotta Rotelle. A rose sauce is a welcome alternative to more common red or white options



DINNER EXPRESS
Emily Richards
food@metronews.ca

Looking for something a little more fancy? Why not try this stuffed pasta dish for your next family get-together?

You can also make it ahead and enjoy it for a weeknight meal if unexpected guests pop by.

Make sure you check out the produce aisle for precut and peeled squash to speed up this recipe.

And if there is no time to make this rose sauce, simply add 35% whipping cream to some pasta sauce and you will have an instant rose you will love.

Swirls of pasta surround this

pale orange filling that has added crunch from the hazelnuts.

No fresh pasta? Simply use about 24 dried lasagna sheets, cooked, and bake.

1. In a saucepan of boiling water, cook squash about 20 minutes or until tender. Drain and place in large bowl. Using potato masher, mash squash until smooth. Stir in ricotta, hazelnuts, parsley, cheese, garlic, pepper and salt.

2. Meanwhile, in a pot of boiling salted water, cook pasta for 2 minutes. Drain and rinse under cold water. Lay in single layer on clean tea towel and pat dry. Spread squash mixture evenly over pasta sheets, leaving 1/2 inch (1 cm) on one short end. Starting on opposite end, roll up jelly-roll style. Slice each roll into 8 pieces; set aside.

3. Rose Sauce: In saucepan, melt butter over medium-high heat. Add flour and cook, stirring for 1 minute. Whisk in milk and cook, stirring about 10 minutes or until

thick enough to coat back of spoon. Add pasta sauce, salt, pepper and nutmeg.

4. Pour half of the sauce into a 13x9-inch (3 L) greased baking dish to cover bottom. Place pasta pieces in pan, overlapping slightly. Pour over remaining sauce to cover. Sprinkle with cheese. Bake in 375 F (190 C) oven about 25 minutes or until golden and bubbly.

Make ahead

If you want to make this recipe ahead of time, here are some tips.

- **Step 2.** After rolling up, wrap in plastic wrap and refrigerate for up to 1 day.
- **Step 4.** Cook an additional 10 minutes if using make-ahead. Once cooked, let cool 30 minutes. Cover and refrigerate for up to 2 days.

Ingredients

- 6 cups (1.5 L) peeled and cubed butternut squash (about 2 lb/1 kg)
- 1 cup (250 ml) ricotta cheese
- 1/2 cup (125 ml) toasted chopped hazelnuts
- 1/3 cup (75 ml) chopped fresh Italian parsley
- 1/4 cup (60 ml) grated Parmesan

- cheese
- 1 small clove garlic, minced
- 1/2 tsp (2 ml) pepper
- 1/4 tsp (1 ml) salt
- 4 sheets fresh pasta

Rose Sauce

- 3 tbsp (45 ml) butter

- 3 tbsp (45 ml) all-purpose flour
- 3 cups (750 ml) milk
- 1/2 cup (125 ml) pasta sauce
- 1/2 tsp (2 ml) each salt and pepper
- Pinch fresh grated nutmeg
- 2 tbsp (30 ml) grated Parmesan cheese



This recipe makes eight servings. EMILY RICHARDS

Comforting Italian ideal for winter



This recipe for Lobster Manicotti Fra Diavolo serves five. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a medium saucepan over medium-high, heat the oil. Add the onion and cook until tender and beginning to brown, 6 to 8 minutes. Transfer half of the onions to a medium bowl. Add the red pepper flakes and garlic to the saucepan and continue to cook for 3 to 4 minutes. Add the tomatoes and cover. Cook, stirring occasionally, for 15 to 20 minutes. Stir in the lemon juice, then season with salt and pepper. Set aside.

2. Add the lobster, ricotta and basil to the bowl of onion. Stir to combine, then season with salt and pepper.

3. Heat the oven to 400 F. Bring a large pot of salted water to a boil. Spread 1/2 cup of the sauce over the bottom of a 9-by-9-inch baking dish.

4. Cook the pasta in the boil-

ing water according to package directions, then drain well. Working quickly and carefully with one sheet of pasta at a time, lay a pasta sheet flat in front of you. Spoon 1/4 cup of the lobster-ricotta filling across the bottom edge of the pasta sheet. Roll the pasta away from you, forming a tube around the filling. Lay the rolled and filled pasta (manicotti) on the sauce in the baking dish.

Ingredients

- 2 tbsp olive oil
- 2 medium yellow onions, chopped
- 1 tsp red pepper flakes
- 3 cloves garlic, thinly sliced
- 28-oz can crushed fire-roasted tomatoes
- 2 tbsp lemon juice
- Kosher salt and black pepper

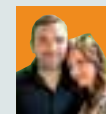
5. Repeat with the remaining pasta sheets, filling and lining the manicotti in a row in the prepared pan. Spoon the remaining sauce over the tops of the manicotti. Bake for 20 to 25 minutes, or until the sauce is bubbling and browning around the edges. Serve topped with basil and grated Romano, if desired.

THE ASSOCIATED PRESS

- 7 oz cooked lobster meat, drained, patted dry and roughly chopped (about 1 mounded cup)
- 1 cup whole-milk ricotta cheese
- 1/4 cup chopped fresh basil, plus extra for garnish
- 8-oz box wide lasagna noodle sheets (10 sheets)
- Grated Romano cheese (optional)

Food around the world

India (vegan rating: 9/10)



MEAT AND VEG
meatandvegontheroad.
tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.



Veg: Both of our pallets were spoiled in this much-anticipated country. India is home to an estimated

and staggering 500 million vegetarians, so Veg was never short of options. In one of many vegan-friendly restaurants in Hampi she had a ghee-free, cashew-vegetable curry served on a large leaf and accompanied by vegan naan instead of rice.



Meat: Goa is the go-to coastal tourist destination here, and the seafood was of a very high standard. Huge juicy shrimp starred in my favourite hot vindaloos, but on this occasion I went for a local Goan fish curry. A modest bowl of basmati rice came alongside a silver bowl of beautifully spiced curry that enveloped a soft flaky white fish. India truly tasted divine.

Heritage Classic snub

Luongo: I'd still be with Canucks

Roberto Luongo says he might still be a member of the Vancouver Canucks if he had started last season's Heritage Classic.

The veteran goalie made the comments Tuesday at Rogers Arena ahead of the Florida Panthers' game against Vancouver on Thursday.

Former Canucks head coach John Tortorella instead chose to go with backup Eddie Lack in the showcase outdoor game against the Ottawa Senators on March 2, a game Vancouver lost 4-2.

Luongo was traded to Florida two days later in a move that was widely speculated to be precipitated by the Heritage Classic snub.

"There's no hiding it. I did want to play that game," Luongo said. "I mean that goes without saying, and if I would have played I probably would maybe still be here. Who knows?" **THE CANADIAN PRESS**

Going back to juniors

Duclair demoted by Rangers

Forward Anthony Duclair will rejoin the Quebec Remparts of the Quebec Major Junior Hockey League after helping Canada win gold at the world junior championship, the Remparts confirmed Tuesday.

Duclair started the season with the NHL's New York Rangers, recording a goal and six assists in 18 games. **THE CANADIAN PRESS**

UFC

Jones checks into drug rehab

UFC light-heavyweight champion Jon Jones has entered drug treatment, the mixed martial arts promotion says.

The UFC announced Tuesday that Jones failed a random drug test last month.

The Nevada Athletic Commission says Jones tested positive for the main metabolite of cocaine, according to Yahoo Sports. Benzoylcocaine is not banned by the commission for out-of-competition use, so Jones wasn't penalized or suspended.

THE ASSOCIATED PRESS



One-man wrecking crew: Simmonds inflicts pain on Sens

Wayne Simmonds of the Flyers connects with a punch in a fight against the Senators' Colin Greening on Tuesday night in Philadelphia. Simmonds scored in regulation then delivered the knockout blow with a goal in the fifth round of the shootout as the Flyers won 2-1. **MATT SLOCUM/THE ASSOCIATED PRESS**

Maple Leafs show Carlyle the door

Head coach fired.

Buds in search of consistency during second half of season

No single loss, no matter how embarrassing, tipped the scales. Some of the worst hockey actually came in victories, and the ugly trend was impossible to ignore.

Midway through a season of inconsistent play, the Toronto Maple Leafs fired Randy Carlyle, the old-school coach whose attempts to change his own style, and his team's, came to an abrupt end. Losers of seven of nine, the Leafs still find themselves in a playoff spot, something that underscores just how uneven they've been through 40 games.

"It's been too much of a roller-coaster," general manager Dave Nonis said Tuesday. "It's not about one game or one stretch. We felt that we had to make that change today



The Maple Leafs fired head coach Randy Carlyle on Tuesday following a 2-5-0 road trip. **MARIANNE HELM/GETTY IMAGES**

because of the direction this team is trending, that we need to move forward and try to get our team back to where it was when we were winning those games and do it on a consistent basis."

Ultimately, inconsistency doomed Carlyle, a Stanley Cup-winning coach for the Anaheim Ducks in 2007 who led the Leafs to the playoffs in the

lockout-shortened 2013 season, their only trip to the post-season in the past 10 years.

This year, Toronto endured back-to-back blowout losses to the Buffalo Sabres and Nashville Predators and flipped the switch to go 9-1-1 in its next 11 games.

Even in some of the wins, Carlyle knew the way his team was performing wouldn't hold

up. The Leafs are 21-16-3 with 45 points but haven't looked like anything more than borderline playoff contenders.

Because of that, Nonis said management, which includes president Brendan Shanahan and assistant GM Kyle Dubas, had been discussing the possibility of firing Carlyle "for a while." A 2-5-0 road trip was the final straw.

"I think we'd all agree we've had some good periods, good stretches, but I don't think I can stand here (in) front of you and say that we've been consistent," Nonis said. "We just felt at this point this was the right time to make the change and move ahead and try to get this team back playing like we have played for periods this season."

That responsibility now falls to Peter Horachek and Steve Spott, Toronto's first-year assistant coaches who will be behind the bench for Wednesday night's game against the Washington Capitals.

THE CANADIAN PRESS

Madden NFL

Court green-lights
players' lawsuit
against EA Sports

A federal appeals court gave the green light Tuesday to a lawsuit by former NFL players against video-game maker Electronic Arts over the use of their avatars in the company's Madden NFL series.

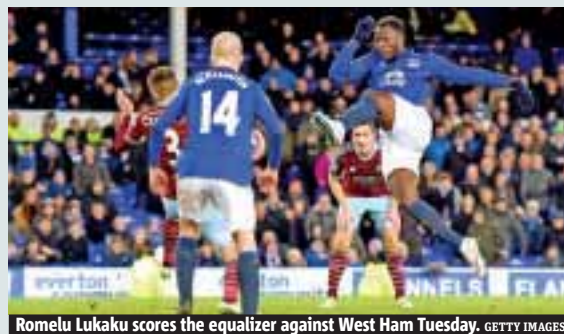
The 9th U.S. Circuit Court

of Appeals sided with a district court that rejected EA's attempt to have the lawsuit thrown out. The 9th Circuit said EA was not likely to prevail on its argument that its use of the former players' likenesses was incidental and therefore protected by the First Amendment. The players said Madden NFL had players with their exact characteristics, but EA had not obtained their permission to use the figures. **THE ASSOCIATED PRESS**

FA Cup

West Ham held
1-1 at Everton

Everton striker Romelu Lukaku scored in injury time to earn his side a 1-1 draw at home to West Ham in the FA Cup third round Tuesday. West Ham broke through at Goodison Park when defender James Collins scored a header in the 56th minute. **THE ASSOCIATED PRESS**



Romelu Lukaku scores the equalizer against West Ham Tuesday. GETTY IMAGES

MLB

Giants pitcher
undergoes surgery

Giants right-hander Tim Hudson has undergone surgery to remove bone spurs from his right ankle, the same one he injured during the 2013 season with Atlanta that sidelined him for the final two months. The expected recovery is eight weeks. **THE ASSOCIATED PRESS**

Pitch-perfect
Hall-of-Famers

MLB. Randy Johnson, one of three pitchers inducted, had 93.7 voting percentage — eighth-highest in history of Hall of Fame

Quoted

"The Hall of Fame was never something that I surely ever thought about."

Randy Johnson

Randy Johnson, Pedro Martinez and John Smoltz, a trio of star pitchers who dominated in an era of offence, were elected to baseball's Hall of Fame on Tuesday along with Craig Biggio, the first time since 1955 writers selected four players in one year.

The Big Unit, Martinez and Smoltz easily earned induction on their first tries, and Biggio made it on the third attempt after falling two votes shy last year. Steroids-tainted stars Roger Clemens, Barry Bonds, Mark McGwire and Sammy Sosa remained far from election.

Johnson, a five-time Cy Young Award winner with 303 victories and 4,875 strikeouts, was selected on 534 of 549 ballots by veteran members of the Baseball Writers' Association of America. The left-hander's 97.3 percentage was the eighth-highest in the history of voting.

"I don't think people quite understand how difficult it is to be 6-foot-10 and be throwing a ball 60 feet, six inches away," Johnson said. "In order to do that, you have to be consistent with your release point and where you're landing and your arm slot and all that. For someone 6-1, 6-2, there's less body to

keep under control, so it's a lot easier."

Martinez, a three-time Cy Young winner with flamboyance to go along with his fastball, appeared on 500 ballots (91.1 per cent). Martinez was 219-100, struck out 3,154, led the major leagues in ERA five times and in 2004 helped the Boston Red Sox to their first World Series title in 86 years.

Smoltz was picked on 455 ballots (82.9 per cent) and will join former Atlanta teammates Greg Maddux and Tom Glavine, who were inducted last summer along with Chicago White Sox slugger Frank Thomas. Smoltz, the 1996 NL Cy Young winner, was 213-155 with 154 saves, the only pitcher with 200 wins and 150 saves. He went 15-4 in the post-season.

Biggio appeared on 454 ballots, 42 more than the 75 per cent needed and up from 68.2 per cent in his first appearance and 74.8 per cent last year. A catcher who shifted to second base and spent three seasons in the outfield, he had 3,060 hits and 668 doubles in 20 big league seasons, all with the Houston Astros.

**THE ASSOCIATED PRESS,
WITH FILES FROM THE CANADIAN PRESS**



From left: Pedro Martinez, Randy Johnson, John Smoltz and Craig Biggio were elected into baseball's hall of fame on Tuesday. THE ASSOCIATED PRESS FILE



Bouchard bounces top-ranked Williams

Top-ranked Serena Williams slumped to a 6-2, 6-1 loss to Canadian star Eugenie Bouchard at the Hopman Cup on Tuesday in Perth, Australia. The Canadians clinched the Group A match against the United States when Vancouver's Vasek Pospisil beat John Isner 6-3, 7-6 (4) in the men's singles. **WILL RUSSELL/GETTY IMAGES**

NFL. Prosecutors cite O.J.
in ex-Patriots' murder trial

Jurors will get to see Aaron Hernandez's trophy case when they visit his home during the former New England Patriots star's murder trial, a judge ruled Tuesday.

Assistant District Attorney William McCauley had sought to have the case hidden, saying the defence wanted "to get the benefit of having the jury be impressed by trophies or medals."

Prosecutors also cited the O.J. Simpson murder trial in arguing that they wanted to avoid what they called "strategic manipulation" of the home. In the Simpson case, photographs and pictures were placed in the home to portray the defendant as a family man, and a Bible was placed on a table to play to jurors' religious sympathies, prosecutors said in a court filing.

Hernandez's lawyer, James Sultan, argued that the house should be shown to the jurors exactly the way it was at the time of Odin Lloyd's death.



Aaron Hernandez GETTY IMAGES FILE

Fall River Superior Court Justice Susan Garsh agreed with the defence, saying the trophy case would remain uncovered.

Hernandez has pleaded not guilty to killing Lloyd, a semi-professional football player. Hernandez was a tight end for the Patriots when prosecutors say he killed Lloyd in an industrial park near his North Attleborough home in June 2013. Lloyd, 27, was dating the sister of Hernandez's fiancée, Shayanna Jenkins.

THE ASSOCIATED PRESS

NFL. Dog, not Saints player,
injured woman: Lawyer

A lawyer for New Orleans Saints sack leader Junior Galette said a woman accusing the player of battery had her earring ripped out and was scratched by a dog that was reacting to her yelling.

Galette and his cousin, Terrence Banks of Newark, N.J., were arrested Monday after a 22-year-old woman alleged the men assaulted her during an argument at Galette's home in the New Orleans suburb of Kenner.

In a written statement issued Tuesday, attorney Ralph Whalen said four witnesses, including Galette's girlfriend, and a video recording all corroborate the player's version of events.

The NFL team's general manager, Mickey Loomis, said the club would take a deliberate approach to dealing with the Galette matter.

Galette's first court appearance is tentatively set for Feb. 26 in Kenner city court.

On Monday, the alleged vic-



Junior Galette GETTY IMAGES FILE

tim told police an argument began when Galette asked her to leave and refused to provide cab fare. She told authorities that Galette shoved her, and Galette and Banks pinned her down, making it difficult for her to breathe.

According to police, she said she was able to get up and grab a knife, fearing she'd be attacked again, then Galette began recording her and she put down the knife before being carried out of the house by Banks. **THE ASSOCIATED PRESS**

2015 Volvo S60 T6 Drive E

- **Type.** Four-door, front-wheel drive, compact-to-midsize luxury sedan
- **Engine.** 2.0-litre turbo-charged I4 (302 hp)
- **Transmissions.** Eight-speed automatic
- **Price.** \$44,295 base, \$53,145 as tested

Market position

Sedan variant of Volvo's entry-level family of sedans (S60), wagons (V60) and crossovers (XC60). Market appeal is designed around safety and a clean interior design. The T5 has a new 2.0-L turbo four-cylinder engine, good for 240 hp. The T6 combines turbocharging and supercharging — good for 302 hp.

Points

- A mid-cycle revision for 2014 included new body panels from the A pillars forward and a revamped interior.
- A new line of Drive E four-cylinder engines all come with a start/stop feature for improved fuel economy, and an Eco+ mode that adjusts the engine and cuts off accessories as soon as possible.
- A new 8-speed automatic transmission.



The S60 boasts as much safety tech as anything in its class.

Safety features

An IIHS Top Safety Pick, it received NHTSA's five-star rating for crash performance and is one of few vehicles in this segment to pass IIHS's tough small overlap frontal crash test. Safety systems include pedestrian and cyclist detection with automatic braking and city safety (warning and braking when approaching a vehicle too quickly).

Still Swedish but more efficient



PHOTOS: MIKE GOETZ

Compare



1 Acura TLX Tech V6
Base price: \$43,864
All new for 2015 with a 290-hp V6 engine and front-wheel drive with all-wheel steer.



2 BMW 335i
Base price: \$53,295
Boasts a 300-hp inline 6, with lots of visual horsepower, too.



3 Cadillac ATS 2.0L turbo
Base price: \$39,373
A sporty rear-wheel drive with 272 hp. But the back seat and trunk are a bit tight.

Review. Although now owned by China's Geely, Volvo's new S60 was designed and engineered in Sweden

MIKE
GOETZ
drive@metronews.ca

Volvo has long provided a strong Swedish alternative in a luxury market dominated by German brands.

So Volvo fans have been holding their breath ever since Chinese automaker Geely purchased the brand from Ford in 2010. Would Volvo continue to be Swedish-centric?

Well, so far, so good. Most aspects of Volvo's engineering and design continue to originate from Sweden, and Geely has demonstrated it is

willing and able to invest in future Volvo products.

The transformed S60 is one of the first Volvos to feature the new Drive E line of fuel-efficient yet powerful, direct-injection four-cylinder engines, all with an automatic start/stop function. With various levels of turbo and supercharging, and a future hybrid-electric option, these engines will eventually power all Volvos.

The S60 line starts at the T5 (\$39,595), with a 2.0-litre turbo Drive E engine with 240 hp. Our tester was an upscale T6, which packs a 2.0-litre engine with both turbocharging and supercharging to produce 302 hp. The theory is to use supercharging for power at low revs and turbocharging at high revs, and it works just as advertised. I couldn't detect any handover issues, just lots of grunt all the time.



The restrained but gorgeous interior is both functional and elegant.

Although the engine is lusty, it remains civilized and quiet — unless you really push the pedal to unleash its mean side. It is a charismatic motor, which is a good thing, because the S60's handling is less so.

The S60 remains a nice, smooth ride, although its

front-wheel-drive architecture is not really in the same league as the rear-wheel designs from Germany.

The interior, however, is gorgeous. Rendered with characteristic Scandinavian restraint, it is both functional and elegant. If you think some luxury cars have too

much visual interior stimulus, this might suit your style.

My T6 had sport seats, which were very therapeutic and supportive. Even though the rear-seat area is smaller than some competitors, the seats themselves are a cut above.

The S60 is packed with as much safety technology as anything in its class — lane-keeping assist, torque vectoring for safer cornering, blind-spot detection, pedestrian and cyclist detection with full automatic braking, and driver alert control.

Always smooth, powerful, safe, and distinctly Volvo, the new S60 adds vastly improved fuel economy to its list of attractions.

What's not to like?

5 DRIVE



France's postal service uses electric vans and bicycles to deliver smaller quantities of mail. JIL MCINTOSH

Delivering the final step to battle gridlock

Driving Force. Businesses must find better ways to transport goods from warehouses to stores and homes

**JIL
MCINTOSH**
drive@metronews.ca

When experts talk about sustainable transportation and solving traffic woes, most of them concentrate on personal cars and public transit. But there's another piece of the puzzle that needs to be addressed: last-mile logistics.

That's the name given to the final delivery of goods as they're shipped from warehouses to stores, restaurants, businesses or private homes. About 20 per cent of all city traffic is related to last-mile delivery, so optimizing it could reduce the number of trucks on our streets and the corresponding traffic congestion, as well as cut down significantly on emissions and air pollution.

"The right vehicles need to be used for each type of (cargo) movement, so customers can select the most convenient commercial vehicles in each situation," says Yoshihide Maeda, senior managing director for truck manufacturer Hino Motors. "When you're talking about the future, you cannot avoid the issues of energy and the environment."

Currently, the general business model is to store items in warehouses until a customer orders them, and then load them onto a truck for delivery.

Although the first miles of delivery, from the factory to the warehouse, are fairly efficient (with ships, trains and tractor-trailers usually filled completely on each trip), last-mile deliveries are often made using large or medium-sized trucks loaded to only a fraction of their capacity.

One solution, Maeda says, is for fleets to include a variety of vehicles and use the appropriate one for each task.

"Conventionally, diesel has been used for everything, but there may be better choices for other distances," he says. "Electric vehicles and plug-in hybrids are convenient for high-frequency,

Optimized options

- France's postal system uses a variety of vehicles for last-mile delivery, including small electric cargo vans for parcels and mailbags, and electric-assist bicycles for letter carriers.
- Drones will play a role with inner-city deliveries, as well as carrying food and medicine to remote areas or people trapped in disaster zones.
- Compact cargo vans, such as Ford's Transit Connect and Nissan's NV200, have already helped optimize small-item deliveries for many Canadian companies.

small-item delivery in cities. Then you would use hybrid vehicles or (hydrogen) fuel cells for medium distances, and diesel will continue for long distance."

Although vehicles play a major role in the issue, experts agree that infrastructure needs to change as well. Last-mile deliveries can bottleneck when retailers don't have sufficient loading docks or storage space, so wholesalers have to keep sending partially loaded trucks.

Other potential solutions include manufacturers pooling their warehousing and deliveries to retailers; setting up “package stations” where retailers or consumers can pick up their products; designing stores to be better equipped for efficient last-mile delivery; and trucks with modular loading for improved capacity.

Of course, there will be challenges, and planners will have to solve such issues as the costs of retrofitting existing fleets and stores, as well as convincing competitors to work together on shared resources.

Quoted

“Electric vehicles and plug-in hybrids are convenient for high-frequency, small-item delivery in cities ... diesel will continue for long distance.”

Yoshihide Maeda, Hino Motors



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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Control your feelings today, especially if someone you thought you could trust lets you down. Don't get upset about something you can't change.

Taurus

April 21 - May 21

A colleague you thought you could rely on will say something that makes you realize they are not on your side after all. End the association if you think that's the right thing to do.

Gemini

May 22 - June 21

Your current big idea may be wonderful but don't shout about it too loudly. In fact you should keep it to yourself at least until the end of the week.

Cancer

June 22 - July 23

You may feel confident but the planets warn you should think before taking on authority. If you feel the need to prove yourself wait until Mars changes signs on the 12th.

Leo

July 24 - Aug. 23

Form a picture in your mind of where you'd like to be a year from now and then start doing the things that will make it happen. All things are possible but you need to plan ahead.

Virgo

Aug. 24 - Sept. 23

Something you have spent months trying to get right will solve itself over the next 24 hours. Accept the situation and get on with your life.

Libra

Sept. 24 - Oct. 23

Someone you don't get along with will be friendly towards you today and you're right to be suspicious. According to the planets, they're up to no good.

Scorpio

Oct. 24 - Nov. 22

You are full of energy but don't expect other people to be as active as you. Just because you are racing around does not mean everyone has to follow.

Sagittarius

Nov. 23 - Dec. 21

Be careful what you say over the next 24 hours because if you say too much you could hurt a friend's feelings and chances are they won't be a friend for much longer.

Capricorn

Dec. 22 - Jan. 20

You may worry that you have fallen behind in your schedule but the planets indicate there is plenty of time to catch up. In your personal life and at work make this a day of planning.

Aquarius

Jan. 21 - Feb. 19

You might be tempted to argue with someone whose opinions you find offensive but they are likely deliberately trying to provoke you into overreacting.

Pisces

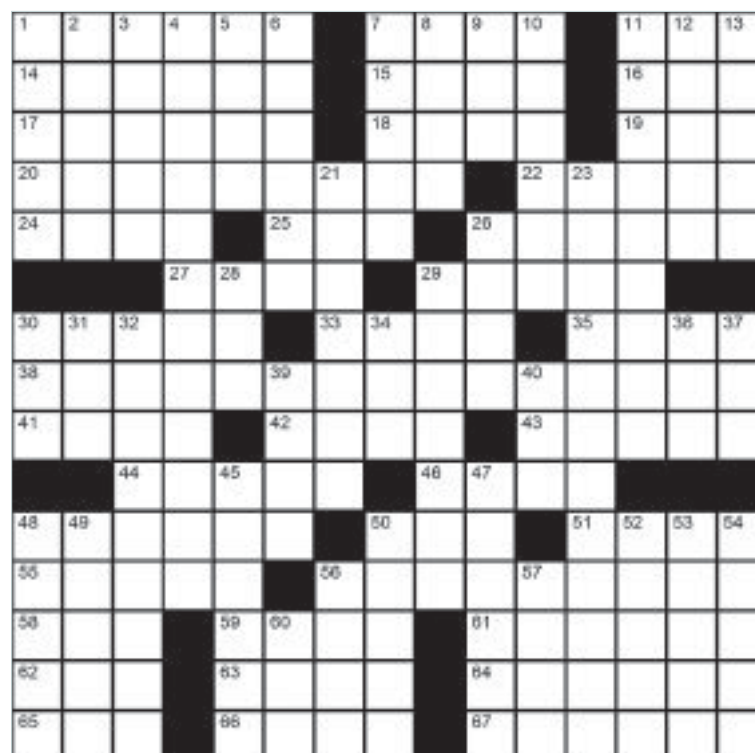
Feb. 20 - March 20

Have faith in your own abilities, even if people have made it clear they think you are taking on too much. Success depends on many things but most of all it depends on confidence.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Sea between Australia and New Zealand
7. Bobby Orr's number
11. Rapper, Mos __
14. Eminent: 2 wds.
15. Provo's place
16. Galilee's locale [abbr.]
17. Cute-style farm animal
18. World's longest river
19. '60s lettered car
20. Paperback place-savers
22. Ms. Neuwirth's
24. Aleutian island
25. Lana Del __
26. "Wait...": 2 wds.
27. __ Only (Canadian Hip-Hop artist)
29. Commuter's currency
30. "Real Time with Bill __"
33. Doubleton
35. Count on
38. National Ballet of Canada star: 2 wds.
41. Dix - trois = __
42. Line above the equator, _ _
43. Grabs
44. __ Sound, Ontario
46. "American __"
48. French silent film actress, Renee __ (b.1898 - d.1933)
50. Slash's old li'l band
51. George Lucas



character

55. Flower's sepals, collectively
56. Downward-Facing Dog, and others: 2 wds.
58. Very: Spanish
59. Wing-like
61. One stopping the TV show

62. Tolkien creature
63. Lengthy
64. Whole
65. Fr. holy woman
66. Actor Mr. Wilson
67. Pay close regard to again

Down

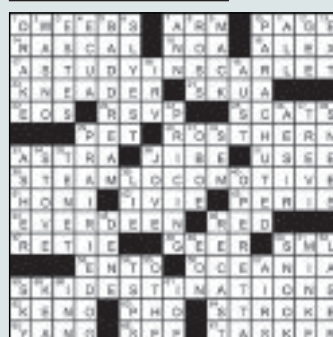
1. Alberto __ (Olympic)

- pics skiing champ from Italy)
2. Underway
3. Nose-in-the-air type
4. Michael Dowse's Canuck flick "Fubar" (2002), for example
5. Mr. Egoan
6. New Jersey airport city

7. Wilson Pickett's " __ Broadway"
8. Actress Carre
9. 'Concept' completer
10. Antelope of South Africa
11. Nova Scotia... Narrow peninsula on the Fundy Coast: 2 wds.

12. Cosmetics company, __ Lauder
13. New England poet Robert
21. Fix up makeup
23. Official name of Winnipeg's famed Golden Boy statue: 2 wds.
26. North: French
28. Grampus
29. NFLD: Historical community on Fogo Island
30. Gov. gigs
31. " __ We There Yet?" (2005)
32. Boucherville-born politician, Sir Louis-__ Lafontaine (b.1807 - d.1864)
34. Small battery
36. Novelist Harper
37. 2015, et al.
39. Curtly concerning: 2 wds.
40. __ Z
45. Edmonton Oilers home, __ Place
47. Don __ (Jon Hamm's "Mad Men" role)
48. Tops
49. Intimidate
50. Valley variety
52. Actor Mr. Davis
53. John __ (Farm equipment company)
54. Comparable to blood's colour: 2 wds.
56. Quickly tug
57. Window piece
60. Mr. Ferrigno

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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